



THE LAWRENCE SCHOOL, SANAWAR

'Celebrating Excellence Since 1847'

The 176th Annual Athletic Meet, 2023

(Details of Meet Records and Qualifying Standards for 2024)



PD Boys U-11						
S.N.	Event	Name	H	Q. Timing	R. Timing	Year
1	100 M	R. Mountford	S	20 Sec	13:40 Sec	1952
2	200 M	T. Vungallian	N	45 Sec	30:10 Sec	1962
3	400 M	Shivaditya Rathore	N	02 Min	01:16:49 Min	2014
4	800 M	Ashwary Kumar	S	05 Min	03:02:57 Min	2023
5	High Jump	G. S. Cheema	H	70 Cm	01.27 Mtr	1961
6	Long Jump	T. Vungallian	N	02 Mtr	04.27 Mtr	1962
7	Shot Put (6P)	Ashwary Kumar	H	04 Mtr	08.71 Mtr	2023

PD Boys U-12						
S.N.	Event	Name	H	Q. Timing	R. Timing	Year
1	100 M	Arnav Chauhan	N	18 Sec	13:64 Sec	2015
2	200 M	Arnav Chauhan	N	40 Sec	29:99 Sec	2015
3	400 M	Aadarsh Amritesh	S	1:45 Min	01:06:78 Sec	2016
4	800 M	Divesh Kumar	V	04 Min	02:42:93 Min	2019
5	High Jump	Rajveer S. Parihar	H	80 Cm	01.30 Mtr	2019
6	Long Jump	Zia Ul Islam	N	2.50 Mtr	04.36 Mtr	1990
7	Shot Put (6P)	Arnav Chauhan	N	4.50 Mtr	11:24 Mtr	2015
8	4x100 M Relay	TEAM SIWALIK	S	*	01:00:86 Min	2009

PD Girls U-11						
S.N.	Event	Name	H	Q. Timing	R. Timing	Year
1	100 M	Meenakshi Biswas	S	22 Sec	15:02 Sec	1957
2	200 M	Meenakshi Biswas	S	50 Sec	32:09 Sec	1957
3	400 M	Inaaya Kumar	H	2:15 Min	01:21:99 Min	2018
4	High Jump	M. Verma	*	60 Cm	01.40 Mtr	1954
5	Long Jump	R. Bains	*	1.80 Mtr	03.70 Mtr	1975
6	Shot Put (6P)	Inaaya Kumar	H	03 Mtr	06.46 Mtr	2018

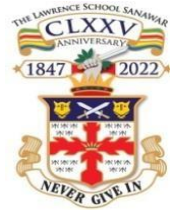


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PD Girls U-12						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Nadika Saklani	H	20 Sec	15:09 Sec	2012
2	200 M	Pia Mann	V	45 Sec	33:76 Sec	1989
3	400 M	Pia Mann	V	02 Min	01:19:66 Min	1989
4	800 M	Vani Badola	V	05 Min	03:13:68 Min	2023
5	High Jump	Pia Mann	V	70 Cm	01.12 Mtr	1989
6	Long Jump	Nadika Saklani	H	02 Mtr	03.52 Mtr	2012
7	Shot Put (6P)	Simrina Loona	S	3.50 Mtr	7.62 Mtr	2015
8	4x100 M Relay	TEAM NILAGIRI	N	*	01:07:13 Min	1989

Boys U-13						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Anoop Dhillon	S	17:00 Sec	12:54 Sec	2012
2	200 M	Somil Siddhu	H	37:00 Sec	27:82 Sec	2016
3	400 M	Dhananjay Gurang	N	01:35 Min	01:06:92 Min	2012
4	800 M	Rahil Nazir	S	03:35 Min	02:34:76 Min	2014
5	1500 M	Rahil Nazir	S	7 Min	05:21:23 Min	2014
6	High Jump	Bir Aftab S.Randhawa	S	1Mtr	1.48 Mtr	2010
7	Long Jump	Abhishek Singh	V	3.10 Mtr	4.82 Mtr	2009
8	Shot Put (8P)	Anjaney Sahni	V	5 Mtr	12.21 Mtr	2012
9	4x100 M Relay	TEAM HIMALAYA	H	*	58:33 Sec	2008
10	4x400 M Relay	TEAM HIMALAYA	H	*	4:40:32 Min	2015

Boys U-14						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Harish Sinam	V	16 Sec	12:26 Sec	2013
2	200 M	Somil Siddhu	H	32 Sec	27:18 Sec	2017
3	400 M	Veer Singh	S	01:15 Min	01:02:03 Min	2000
4	800 M	Tushar Nandi	H	03:10 Min	02:28:29 Min	2014

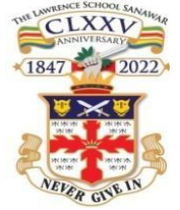


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Boys U-14						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
5	1500 M	Rahil Nazir	S	06:45 Min	05:08:28 Min	2015
6	High Jump	Eklavya S. Dhundhara	N	1.05 Mtr	1.51 Mtr	2023
7	Long Jump	Harish Sinam	V	3.70 Mtr	5.12 Mtr	2013
8	Discus Th. (1Kg)	Fateh Sidhu	V	16.50 Mtr	31.81 Mtr	2007
9	Shot Put (8P)	Al Samad	H	6.50 Mtr	12.23 Mtr	2014
10	4x100 M Relay	TEAM SIWALIK	S	*	55:28 Sec	1999
11	4x400 M Relay	TEAM HIMALAYA	H	*	4:24:29 Min	2014

Boys U-16						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Amit Kohli	H	14 Sec	11:06 Sec	1982
2	200 M	Amit Kohli	H	30 Sec	25:02 Sec	1982
3	400 M	Amit Kohli	H	01:10 Min	56:00 Sec	1982
4	800 M	Ominder Singh	V	03 Min	02:15:50 Min	1984
5	1500 M	Yashish Dahiya	S	06:20 Min	04:36:21 Min	1987
6	High Jump	Karan Sareen	H	1.15 Mtr	1.71 Mtr	1986
7	Long Jump	Amit Kohli	H	4.20 Mtr	5.84 Mtr	1982
8	Discus Th(1.5Kg)	Sangram Singh	H	20 Mtr	31.80 Mtr	1993
9	Shot Put (12P)	Ajaypal Randhawa	V	7.40 Mtr	11.28 Mtr	2002
10	4x100 M Relay	TEAM NILAGIRI	N	*	49:50 Sec	1999
11	4x400 M Relays	TEAM SIWALIK	S	*	4:02:63 Min	2003

Boys Opens						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	R. Mountford	S	13 Sec	11:00 Sec	1958
2	200 M	Shubh Mangal	S	29 Sec	24:02 Sec	1995
3	400 M	A. Rastogi	S	01:06 Min	52:70 Sec	1969
4	800 M	H.S. Purewal	V	02:45 Min	02:02:00 Min	1980
5	1500 M	H.S. Purewal	V	06 Min	04:17:00 Min	1980

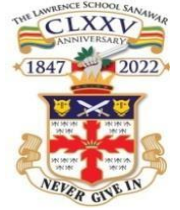


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Boys Opens						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
6	3000 M	Abhayjit HS Sandhu	N	12:30 Min	09:46:00 Min	1991
7	110 M (H)	R. Mountford	S	21 Sec	15:90 Sec	1957
8	High Jump	R. Khanna	N	1.20 Mtr	1.77 Mtr	1976
9	Long Jump	R. Khanna	N	4.40 Mtr	6.27 Mtr	1976
10	Triple Jump	R. Khanna	N	10.20 Mtr	13.10 Mtr	1976
11	Discus Th.(2Kg)	Amandeep Gill	H	23 Mtr	39.25 Mtr	1990
12	Javelin Th. (800g)	Dhyan Mayadas	N	22 Mtr	44.10 Mtr	1982
13	Shot Put (16P)	Amandeep Gill	H	7.50 Mtr	11.15 Mtr	1990
14	4x100 M Relay	TEAM SIWALIK	S	*	49:12 Sec	1998
15	4x400 M Relay	TEAM SIWALIK	S	*	3:52:07 Min	1995

Girls U-13						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Guneet Kaur	H	17:30 Sec	15:03 Sec	2018
2	200 M	Sachdev Bala	V	36:30 Sec	30 Sec	1964
3	400 M	Priya Dhillon	H	2 Min	01:11:00 Min	1983
4	800 M	Simran Singh	V	04:30 Min	03:01:19 Min	1992
5	1500 M	Ananya Goyal	H	9 Min	06:31:85 Min	2019
6	High Jump	L. Vaughan	x	95 Cm	01.31 Mtr	1945
7	Long Jump	M. Beckett	x	2.50 Mtr	04.30 Mtr	1944
8	Shot Put (8P)	Simrina Loona	S	4.30 Mtr	8 Mtr	2016
9	4x100 M Relay	Team Nilagiri	N	X	01:07:36 Min	2014
10	4x400 M Relay	Team Nilagiri	N	X	05:36:19 Min	2014

Girls U-14						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Guneet Kaur	H	17 Sec	13:79 Sec	2019
2	200 M	Jaskimrin Sekhon	N	35:30 Sec	31:31 Sec	1992

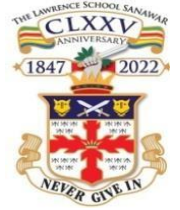


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S.N.	Event	Name	H	Q. Timing	Record Timing	Year
3	400 M	Jaskimrin Sekhon	N	01:50 Min	01:13:16 Min	1992
4	800 M	Ustat Kaur Jatana	V	04 min	02:52:27 Min	2018
5	1500 M	Simran Singh	V	08:45 Min	06:04:84 Min	1992
6	High Jump	Guneet Kaur	H	1 Mtr	1.30 Mtr	2019
7	Long Jump	Revati Mann	V	2.70 Mtr	4.03 Mtr	1993
8	Discus Th. (1Kg)	Sukhmani Brar	V	14 Mtr	23.47 Mtr	1997
9	Shot Put (8P)	Simrina Loona	S	4.50 Mtr	8.25 Mtr	2017
10	4x100 M Relay	Team Himalaya	H	X	01:03:22 Min	2006
11	4x400 M Relay	Team Siwalik	S	X	05:20:60 Min	1999

Girls U-16						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Bhavna Bhatia	N	16:30 Sec	13.80 Sec	1986
2	200 M	Shalini Bhoyar	H	35 Sec	29.90 Sec	1982
3	400 M	Revati Mann	V	01:35 Min	01:06:90 Min	1995
4	800 M	Seerat Sandhu	N	03:55 Min	02:56:01 Min	2018
5	1500 M	Shalini Bhoyar	H	08:30 Min	05:21.00 Min	1982
6	High Jump	NA	*	1.05 Mtr	1.37 Mtr	NA
7	Long Jump	Gitanjali Kumari	*	3.20 Mtr	4.42 Mtr	1982
8	Discus Th. (1Kg)	Sukhmani Brar	V	14.50 Mtr	29.25 Mtr	2000
9	Shot Put (8P)	Sukhmani Brar	V	5.10 Mtr	9.57 Mtr	2000
10	4x100 M Relay	Team Himalaya	H	X	01:01:81 Min	1997
11	4x400 M Relay	Team Himalaya	H	X	05:11:57 Min	2009



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Girls Opens						
S.N.	Event	Name	H	Q. Timing	Record Timing	Year
1	100 M	Saranya Loona	S	16 Sec	13:16 Sec	2017
2	200 M	Seema Jamwal	H	34:30 Sec	29:01 Sec	1982
3	400 M	Bhavana Bhatia	N	01:20 Min	01:06:19 Min	1987
4	800 M	Simran Singh	V	03:45 Min	02:37:56 Min	1995
5	1500 M	Simran Singh	V	08 Min	05:36:56 Min	1995
6	High Jump	Anshu Kohli	H	1.07 Mtr	1.49 Mtr	1985
7	Long Jump	Noor Chowdhary	S	3.30 Mtr	4.40 Mtr	2012
8	Discus Th. (1Kg)	NA	*	15 Mtr	25.52 Mtr	NA
9	Javelin Th. (600g)	Preeti P. Mehta	S	16 Mtr	26.90 Mtr	1984
10	Shot Put (8P)	Bhavika Singh	N	5.50 Mtr	8.76 Mtr	2013
11	4x100 M Relay	Team Siwalik	S	X	01:01:20 Min	2013
12	4x400 M Relay	Team Siwalik	S	X	05:09:47 Min	2012

(MK Gulia)

HoF (Sports & Outdoor Pursuits)